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Atmosphere has to be created by each person individually. Bring something special to groups, then you can receive. Get something for your heart, not for your mind.

Religion is not dogma or just attending church. Has to do with a mode of life, not just a Sunday to be holy. Must have Sunday on Monday and Tuesday. Most important question is to find a meaning for my life.

In the beginning, enthusiasm can carry me further than I am able to do and leave me harassed. Intention and wish can be sincere but I see that I can't do. Why? Because I bite off too much at the beginning. Analogy of learning a foreign language where years of practice are necessary or of studying philosophy. Ordinary mind can be used for this but is not the faculty for objectivity. I need an instrument to receive impressions, to be objective in my mind and heart. Have to learn what is needed, then give material to that, and then to exercise it. In the beginning, I can have a concept but not the faculty. Objectivity about thoughts is: to say I have them without further interest. Same for feelings. Objectivity of body includes not to want to change it.

Loss of objectivity: When I introduce a change in my physical body, wanting to have a particular feeling, thoughts or associations move and become subjective.

Problem: I want to develop something.

Solution: To become objective. Try to introduce something which is not subjective. Can be objective about that which does not interest me. If I walk I do not have to like it or dislike it.

The wish to work; It is new. Based on realization of what I am and what I would like to become - something which is worth more.

Mistake: I would like to become professionally better or better father, etc. This is ordinary life.

Work: Has to do with possibility of understanding, of fulfilling a purpose in my life. Would like to become more harmonious. Presupposes that I am not complete or balanced. I can't control my actions, feelings or even think straight. Can only concentrate for a short time. Continually distracted. Think of my Aunt when I try to solve a math problem or the soles of my shoes during a business conference.

Do I really wish? Wish must be considered carefully. Should not be because of someone else, because of fear or curiosity. I must be patient, not have fear, and accept that what I am in reality. Enthusiasm and interest will only last a short while.

When I get up and start to dress, I lose myself 100 times before I go to breakfast. Have only a little energy to offset that which binds me. Objectivity is not of this Earth. Things of Earth are bound by laws. Mother Nature, Life, Earth interested that I continue to sleep. If we realize that

we are like sheep, it can be turned into a real wish. However, it will not produce energy.

Conditions, even when favorable, permit me to work for only a few seconds. How can I then be collected in the subway. Outside world draws me away from my wish. It is like Goliath and David. Where will I attack personality. It pulls me down.

Realize that I am two: Ordinary life and Magnetic Center. I would like to have Heaven on Earth. At the end of my day, I ask, how much time did I spend on God? As human being we have something that represents God. Can be thought of in terms of idealism as well as religion. Ideal is Real Man. To become conscious is like trying to scoop out the sea with a little spoon. Sacred Fire within me must never go out.

Must select time when I can best work. Not with other people, close eyes, pick a time when telephone won't ring, must not be disturbed in mind or feeling, can not jump immediately into consciousness, must first bring my conscience to the surface, after I become collected I wish to retain state of objectivity when I get up. Be honest. Find out what happens when I get up. Do I keep my awareness? Could I improve my awareness? Exercises for when I am alone, not to be used in ordinary life - energy which is small must be used sparingly.

Ideas are sacred; if I wish to work must treat it with respect and for worthwhile purposes. If used for ulterior motives it is desecration, sacrilege and playing with fire. We have no soul. If I take obligation to wish to work, must also take obligation of fulfilling that what I ought to be. Enter into work with fear and trembling. Pray necessary. Prayer is to be in relation to one's conscience as meek as possible. Must learn how to take care of that what is precious: Essence, Magnetic Center, real wish to grow.

Don't distribute attempts over ~~what~~ire day. Concentrate it. Work brings experience. Experience brings knowledge and then development of a new faculty in which certain part of brain vibrates in a different way. Understanding also lodges (not in feelings) in my heart. I can not always draw on my energy - analogy of bank. At the beginning I must wait until it comes, then be clever about using it. Come back always to fundamentals: Wake up, not allow myself to sleep, not to make it complicated. See myself objectively, without identification, without wishing to change. Simultaneity: Without that I will never understand work. Freedom can only be attained in a moment. Work brings understanding which changes all the time if I continue to work.

Don't compare yourself to anyone else; that you are more or less advanced. Both are wrong. Remain truthful.

Question: (~~Joy~~) (Andrew) Observation in connection with relaxation ~~of~~ face)

Answer: Face should have no expression when you are awake. Thoughts about relaxation should also disappear at moment of awakening. Relaxation is a means for waking up otherwise it is ordinary life.

Question: (Joy) Conscious moment in which nothing interested me. Should I allow it?

Answer; Do you really see yourself? You should have enough energy to be interested in the manifestations and habits of your body. Try to get a picture of yourself performing. It should be a form of study/